

**Champlain Senior Center Meals**  
**September 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>2</b></p> <p style="text-align: center;"><b>Labor Day Center Closed</b></p>	<p style="text-align: center;"><b>3</b></p> <p><b>Beef Steak with Diced Beets and Monterey Jack Cheese Rice with Vegetables Brussel Sprouts Peaches</b></p> 	<p style="text-align: center;"><b>4</b></p> <p><b>Sweet and Sour Chicken Vegetable Rice Pilaf Green Salad Pears</b></p> 	<p style="text-align: center;"><b>5</b></p> <p><b>Cavatappi Pasta with Cheese Broccoli Whole Beets Peaches and Yogurt</b></p> 	<p style="text-align: center;"><b>6</b></p> <p><b>Bagged Lunches with Ice Cream Treat</b></p> 
<p style="text-align: center;"><b>9</b></p> <p><b>Sliced Turkey Scalloped Potatoes Carrots Applesauce</b></p> 	<p style="text-align: center;"><b>10</b></p> <p><b>Cheese Omelet Rice with Vegetables Broccoli</b></p>  <p style="text-align: center;"><b>Peaches and Cream</b></p>	<p style="text-align: center;"><b>11</b></p> <p><b>Yankee Pot Roast Carrots with Dill Mashed Potatoes Apple Crisp with Cream</b></p> 	<p style="text-align: center;"><b>12</b></p> <p><b>Chicken Marsala Mashed Potatoes Peas and Onions Fruit Cocktail</b></p> 	<p style="text-align: center;"><b>13</b></p> <p><b>Spaghetti and Meatballs Winter Mixed Vegetables Red Grapes</b></p> 
<p style="text-align: center;"><b>16</b></p> <p><b>Southwest Egg Bake Green Beans Cauliflower Oatmeal Raisin Cookie</b></p> 	<p style="text-align: center;"><b>17</b></p> <p><b>Chicken, Corn and Potato Stew Mixed Vegetables Pineapple Tidbits</b></p> 	<p style="text-align: center;"><b>18</b></p> <p><b>Breaded Pork Chop with Sauce Mashed Potatoes Cole Slaw Pears</b></p> 	<p style="text-align: center;"><b>19</b></p> <p><b>Cold Sliced Turkey Potato Salad Cole Slaw Applesauce</b></p> 	<p style="text-align: center;"><b>20</b></p> <p><b>Stuffed Chicken Breast Mashed Potatoes Glazed Diced Beet Vanilla Fluff with Pineapple and Mandarin Oranges</b></p> 
<p style="text-align: center;"><b>23</b></p> <p><b>Swedish Steak with Sauce Seasoned Penne Pasta Broccoli Peaches</b></p> 	<p style="text-align: center;"><b>24</b></p> <p><b>Turkey Tetrazzini Scandinavian Vegetables Pineapple Tidbits</b></p> 	<p style="text-align: center;"><b>25</b></p> <p><b>Chicken in Gravy Mashed Cauliflower Salad with Raspberry Dressing Blueberry Crisp</b></p> 	<p style="text-align: center;"><b>26</b></p> <p><b>Minestrone Soup With Beef Broccoli Tropical Fruit Salad</b></p> 	<p style="text-align: center;"><b>27</b></p> <p><b>Meatloaf with Gravy Mashed Red Potatoes Diced Carrots Orange</b></p> 
<p style="text-align: center;"><b>30</b></p> <p><b>Pork Sirloin Stew Brussel Sprouts Baked Apple Slices</b></p> 				